

You have been prescribed Paracetamol Mixture by your doctor or nurse clinician at The Christie. Every 10mls of mixture is equal to two paracetamol tablets.

This leaflet is designed to answer any questions you may have about the mixture.

What is the mixture for?

Paracetamol Mixture has been made to a special formula for The Christie. It is a painkiller which should relieve the symptoms of your sore mouth and/or sore throat, which may be caused by your treatment. It is also effective for other mild pain.

When should I take the mixture?

Only take the mixture when you have a sore mouth and/or sore throat. If you have trouble swallowing food, it is a good idea to take the mixture 20 to 30 minutes before meal times. This gives the mixture time to start working.

How much should I take?

Always shake the bottle before use.

Measure out two 5mls spoonfuls of the mixture. Sip the mixture slowly, and let the mixture coat your mouth and throat. This may not taste very pleasant, but it will work much better if you do this.

Try not to have another drink straight away. The longer you can leave the mixture to coat your mouth and throat, the better the pain relief will be.

NEVER take more than four doses in one day. One dose is two 5mls spoonfuls. This means that you should not take more than 40mls in any one day. You must leave at a minimum of four hours between each dose.

What do I do if the mixture does not work?

Do not exceed the stated dose: **never take more than two 5mls spoonfuls at any one time and never take more than four doses in one day.**

If your throat is very painful or the symptoms persist, go back to see your doctor or nurse clinician at The Christie, or your GP. He or she will be able to give you an alternative medicine.

How long can I take the mixture for?

Do not use the mixture after the expiry date. After this time, it will no longer be effective. If you have some of the mixture left you can return the bottle to your pharmacy for disposal.

You can take this mixture for as long as it is needed to relieve your sore mouth or throat. Your GP or your Christie doctor or nurse can arrange this.

- If you need to use the mixture, it is very important that you do not take other medicines containing paracetamol.
- If you are unsure about what medicines you can take, ask your pharmacist.
- Many medicines for headaches and general pain relief contain paracetamol. Your pharmacist can help you check whether these medicines contain paracetamol. It would be helpful to take this leaflet with you and show it to your pharmacist.

Can I have alcohol or smoke when I am taking the mixture?

Ask your doctor. He or she will usually advise you to stop smoking and drinking alcohol – smoke and alcohol may irritate your mouth and throat.

Where should I store the mixture?

Keep your mixture in a cool, dark place, and always keep it well away from children.

Your doctor has prescribed this mixture **for you**. Do not share it with anyone else.

If you have any more questions about Paracetamol Mixture, see your pharmacist and show them this leaflet.

What if I need another bottle of this mixture

Your GP will be able to prescribe this. However, as it is a special order medicine, your local pharmacy will have to order it. **Please allow time for this. Ask your GP for a prescription at least 5 days before your medicine will run out.** Please take this leaflet with you to your pharmacy with your prescription as the address for ordering your medicine is written below.

Preston Pharmaceuticals
Royal Preston Hospital
Preston PR2 9HT Tel: 01772 523617



The Christie **NHS**
NHS Foundation Trust

Paracetamol Mixture 1g/10ml

Patient information leaflet



The Information Standard Certified Member

Pharmacy Department

☎ 0161-446-3432

The Christie Patient Information Service
April 2015 Review April 2018
CHR/049/23.04.04 Version 9